

Warbixin loogu talo galey dumarka uurka leh ee qaba cagarshoowga nooca-B (hepatitis-B positive)

Buug-yarahaan waxa loogu talo galey dumarka uurka leh ee qaba cagarshoowga nooca B. Taas macnaheedu waxa weeye inaad sido fayruska cagarshoowga nooca B.

Buug-yarahaan waxuu wax kaaga sheegayaa:

- waxay tahey markaad qabto cagaarshoowga nooca-B; iyo
- talaalada ka joojin kara in ilmahaagu kaa qaado adiga fayruska markay dhashaan kadib.

Maxaa natiijada tijaabada dhiigeeygu tahey?

Natiijada tijaabada dhiigaagu waxay tahey inaad qaadey fayruska cagarshoowga nooca-B wakhti ka mid ah noloshada. Ma dhacdo in ilmahaagu kaa qaado fayruska markaad uurka qabto, **waxaase suurto gal ah intabadan inaad u gudbiso fayruska ilmahaaga markaad umuleyso.**

Waa maxey Cagarshoowga nooca B?

Cagarshoowga nooca B waa fayrus weerara beerka. Dad badan oo qaba cagarshoowga nooca B ma laha wax calaamado ah iyagoon xataa ogeyba inay qabaan fayruska ilaa ay maraan tijaabooyinka baadhista.

Dadka qaar qaada fayruskan qaba waligood kama saari karaan jidhkooda. Fayrusku wuxuu ku jiraa jidhkooda xataa iyagoo qaar caafimaad qaba u eeg. Hadii taasi kugu dhacdo adiga waxaad tahey 'side cagaarshoowga nooca-B'. Xataa adigoo caafimaad qaba, waxaad wali u gudbin kartaa faruska dadka kale.

Waxa kaliya oo aad fayruska u gudbin kartaa dadka kale hadii:

- uu dhiigaagu kooda gaadho;
- aad galmo sameyso; ama
- aad ilmahaagu u gudbiso markaad umulayso.

Uma gudbin kartid fayruska dadka kale markaad la xidhiidhayso, tusaale ahaan markaad soo adeegsaneyso, markaad asxaabta iyo qoyska la joogto, iyo cunto wada cunida.

Meelo ka mid ah dunida cagarshoowga nooca B aad ayuu caadi u yahey iyadoo ay dad badan hooyadoo ka qaadaan markay dhashaan. Taas daraadeed, wadamadaasi waxay bixiyaan talaal cagaarshoowga nooca-B ah oo carruurta yaryar ee ay hooyadood qabto cagaarshoowga nooca-B.

Maxaan daaweyn heli karaa?

Waxaa balan lagaaga qaban dhakhtar takhasus u leh kaas oo baadhi doona dhaawaca beerka isagoo kuuna qori kara daawooyin,

Miyuu ilmaheygu qaadi doonaa fayruska?

Maadaama aad leedahey cagarshoowga nooca B, waxa aad u suurto gal ah inaad u gudbiso fayruska ilmehaada xiligaad umulayso. Waa fursad 10 kiiba 9 ah (90%) inuu ilmehaagu qaadi doono fayruska uuna waligii lahaan doono cagarshoowga nooca B. Hadii ilmehaagu aanu helin daaweyn, waxa uu fursad badan u leeyihiin inay ku dhacaan dhibaatooyin aad u daran sida dhaawaca beerka ee noloshooda danbe.

Maxaa uu daaweyn ilmaheygu heli karaa?

Waxaanu ku waydiisan doonaa inaad siiso ogolaanshahaaga in talaal aan khatar laheyn oo wanaagsan la siiyo ilmehaaga kaas oo ka ilaalin doona isaga ama iyada inaaney qaadin fayruska oo aanay ku dhicin dhibaatooyinka beerku.

Ilmehaagu wuxuu u baahan yahey afar talaal intey ka yar yihiin hal sano si ay u helaan difaac ugu wanaagsan ee ku lidka ah cagarshoowga nooca B.

Talaalka ugu horeeya waa in la siiyo 48 saacadood gudahood marka uu dhasho. Hadii ay natijada tijaabada dhiigaagu tusto in fayruska cagaarshoowga nooca-B aad leedahey uu yahey mid aad u infekshan badan, waxa kadib la siin doona ilmehaaga irbad kale isla markaas si loo siiyo difaac kale oo fayruska ka soo hor jeeda.

Ilmehaagu waxuu u baahan doonaa saddex talaal oo kale. Kuwaas oo la siiyo markuu ilmehaagu jiro:

- da'da hal bil;
- da'da laba bilood; iyo
- da'da 12 bilood.

Waa mid aad u muhiim ah in ilmehaagu uu helo talaaladan oo dhamays tiran, hadii kale ma helayaan difaac ugu wanaagsan ee jira.

Waa in laguugu soo casuumo inaad ilmehaaga talaaladan u keento. Hadii tani aanay dhicin, waa inaad waydiiso talaalada dhakhtarkaaga ama kaaliyaha caafimaadka ee ku soo booqda.

Marka uu ilmehaagu u qaato talaaladan oo dhameys tiran waxa uu dhakhtarku dalban doonaa in ilmeha tijaabo dhiig ah laga qaado . Taasi waa si loo hubiyo inay irbadu ahayd mid lagu guulaystey iyo inuu ilmehaagu yahey mid infekshanku ka dhamaadey.

Sidee ayaan u ilaalin karaa caafimaadkeyga anoo leh cagarshoowga nooca B?

Talaabooyinkan fudud ayaa kaa caawin kara inaad ilaaliso caafimaadkaaga:

- Ha cabin khamriga – waxay dhaawici kartaa beerka.
- U sheeg dhakhtarkaaga inaad cagarshoowga nooca B qabto iyadoo waydiinayso wixii daaweyn ama tijaabo ku caawin kara.

- Weydii dhakhtarka ka hor intaanad qaadan wax daawo ah, xataa daawooyinka dhirta ama daawooyinka la gadan karo warqad la'aan (sida tusaale asbiriinka).
- Ha isku durin daroogo. Taas oo kuu keeni karta laba nooc oo kale oo infekshanka cagarshoowga ah (cagarshoowga nooca C iyo D) kuwaas oo dhaawici kara beerka. Caawimo ka raadso meelaha daaweynta-daroogada hadaad u baahan tahey inaad iska joojiso daroogada.

Sir haynta

Si adiga iyo ilmehaaga loo siiyo daryeelka ugu fiican, waxaanu u baahanahey inaanu soo dhex galiyo dad takhasus kale leh. Umulisadaada ayaa ku weydiin doonta inay warbixintaada la qaybsan karto dadka takhasus kale leh intaaney daryeelkaaga soo dhex galin dadka takhasus kale lehi.

Halkee ayaan ka heli karaa warbixin dheeraad ah?

Waxaad warbixin dheeraad ah ka heli kartaa oo ku sabsan cagarshoowga nooca B iyo baadhitaanada kale ee dhalmada ka hor umulisadaada cosbitaalkaan ee takhasuska u leh tijaabooyinka baadhista dhalmada ka hor ama dhakhtarka cosbitaalka (dhakhtarka foosha).

Waxa kale oo aad la xidhiidhi kartaa British Liver Trust:

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